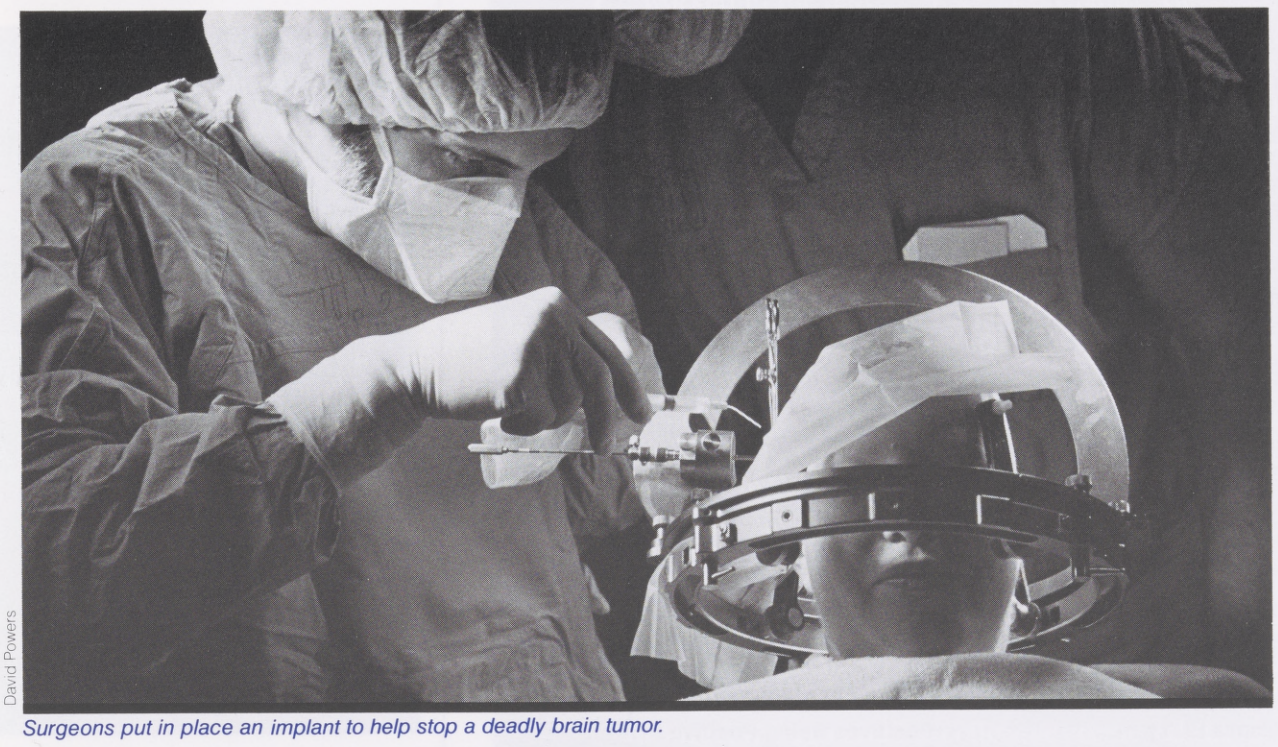
July/August 1989 Volume 14, Number 4

A summary of recent news stories from the University of California, San Francisco

UCSF

News for You



David Powers

Surgeons put in place an implant to help stop a deadly brain tumor.

Implants Increase Brain Tumor Survival

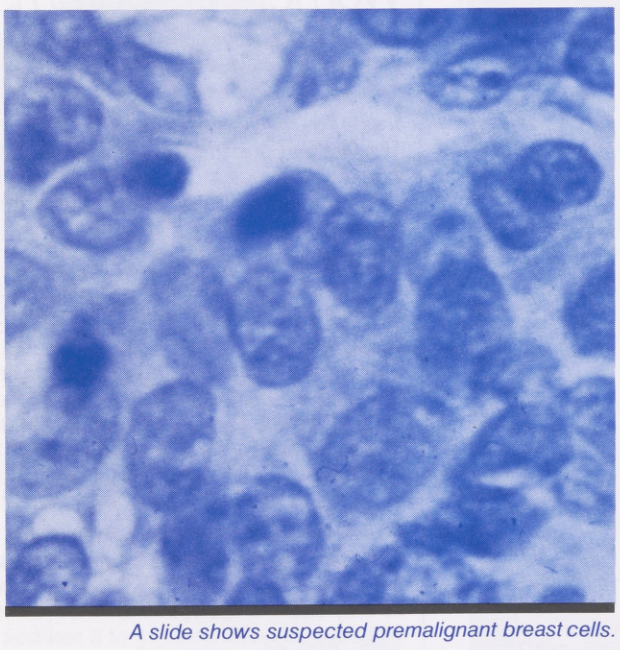
Radioactive implants can slow a rapidly-growing and deadly kind of recurring brain tumor, UC San Francisco researchers report after an eight-year study.

The implant technique uses small catheters of radioactive iodine which are surgically placed into malignant brain tumors called gliomas with the help of a CT scanner and a rigid metal frame attached to the patient's head. The iodine, left in place for five or six days before being removed, kills malignant cells with a minimum of damage to surrounding healthy brain cells, says neurosurgeon Philip Gutin.

Patients who have recurrent gliomas have a median survival rate of 40 weeks after their diagnosis when treated with conventional radiation and chemotherapy. Those receiving implants had a median survival rate of 87 weeks for less virulent gliomas and 54 weeks for the more virulent glioblastomas.

Some of the patients have survived for two to three years and a few up to seven years. Gutin cautions, however, that some brain tumors of this type, because of their shape and their location, cannot be treated with brachytherapy. For further information call 476-1087.

Cholesterol Linked to Breast Disease



A slide shows suspected premalignant breast cells.

UC San Francisco researchers have linked cholesterol in breast fluids to a higher risk of breast disease. A study led by cancer epidemiologist Nicholas L. Petrakis could provide important clues about whether cholesterol plays a role in breast cancer, which affects an estimated 100,000 women in the U.S. annually.

The researchers found high concentrations of cholesterol and cholesterol epoxides in the breast fluids of women with severe or advanced benign breast disease. Cholesterol epoxides are highly reactive cholesterol byproducts that cause cancer and DNA damage in animals.

The study involved 68 women with benign breast disease and a control group of 135 women with no known history of breast disease. The average breast fluid cholesterol level in women with proliferative breast disease was nearly three times higher than that of the control group.

Preliminary results show that women with proliferative benign breast disease run a risk of developing breast cancer two to four times greater than women with normal breast cells, according to epidemiologist Margaret R. Wrensch, a study co-author.

Hopeful Signs for Anemic Infants

Physicians should modify the way they screen children for anemia in light of the dramatic decline in the disease, according to UC San Francisco hematologist Peter R. Dallman.

"The best alternative is selective screening, which uses medical history and information on dietary habits to identify children who are at greatest risk and therefore should have a blood test," explains Dallman.

Screening programs among physicians can vary widely, says Dallman, with some physicians screening all their young patients while others eliminate the test entirely.

The prevalence of anemia among infants has decreased from about eight percent to four percent nationally during the past decade. Anemia is a condition in which blood carries insufficient oxygen. Iron deficiency, resulting from an iron-poor diet, most commonly accounts for anemia, but mild illnesses such as ear and respiratory infections and intestinal flu can cause short-lived anemia. Dallman urges physicians to wait a few weeks until a patient recovers before ordering a blood test.

In Brief

"CPR Road Show"

The Center for Prehospital Research and Training at UC San Francisco is starting a "CPR Road Show." Health professionals will meet with community groups, free of charge, to discuss cardiopulmonary resuscitation and give tips on how to recognize and respond to medical emergencies.

UC San Francisco staff also will present an overview of "Save-a-Life Saturday," a mass CPR event sponsored by the campus and the San Francisco Giants on September 23 at Candlestick Park as part of our 125th anniversary celebration.

To schedule a "CPR Road Show" for your club, class, team, church or neighborhood, call 476-8502.

Clinic Says Thanks

Darryl Inaba, director of the Haight-Ashbury Free Clinics' Drug Detoxification, Rehabilitation and Aftercare Project, recently sent a letter of thanks to UC San Francisco Chancellor Krevans. It reads in part:

"We wish to extend our appreciation to you and UCSF for the courtesy and hospitality shown us by the CPR Unit. We want to express a special thank you to Ms. Kathy Balestreri of Medical Center administration who went out of her way to get our staff this important CPR training and certification in May.

"Most importantly, we would like to extend our deep gratitude to Mr. Gary Barton, CPR Unit supervisor, for his patience, tolerance and for his truly excellent CPR instruction. Because of these efforts our staff is updated on the latest in life saving techniques which we utilize constantly in our community health work. We consider UCSF to be part of our community and are therefore hopeful that we can continue to work together toward the better health of this great city.

"Again, thanks to UCSF, Kathy and Gary for the CPR training of our staff."

New Magnetic Resonance Science Center Opens

UC San Francisco's new Magnetic Resonance Science Center opened last month on the "C" level of the Ambulatory Care building, 400 Parnassus Avenue.

One of the few facilities of its kind in the world, the Center uses magnetic resonance imaging and spectroscopy, a process that allows clinicians to visualize diseased tissue and watch its metabolic processes, all without harmful ionizing radiation or surgery. This new technology allows for early diagnosis and treatment of various illnesses such as heart disease and cancer.

PreSep Program

A one-step program to provide pre-operative testing and consultation for morning-admission and outpatient surgical patients at Moffitt/Long Hospitals has started in Room 169 of Long Hospital, 505 Parnassus.

PreSEP, or PreSurgical Evaluation Program, consolidates all pre-surgical functions, thus improving service to patients, who previously had to go to a number of different departments for tests and to fill out forms.

For more information call 476-1097.

More News for You

on the back page

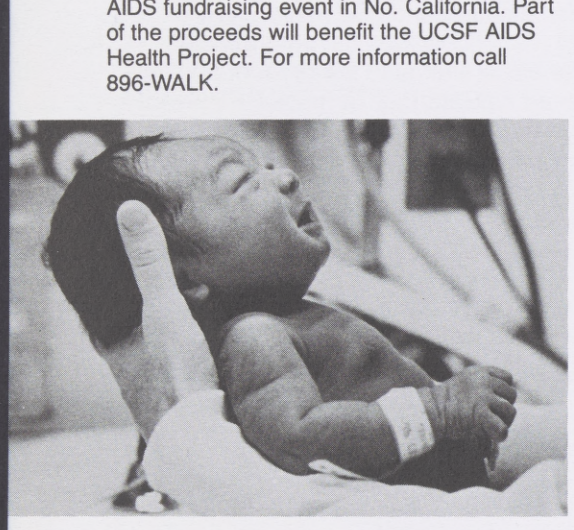
What's happening

July/August 1989
A bimonthly calen
events at UC San

Special Events

Tues., July 11
Death of a "Jewish American Princess": The Story of a Victim on Trial. Author & attorney Shirley Frondorf discusses the implications of a 1981 wife murder case. Sponsored by UCSF Rape Prevention Education Program. Toland Hall, 533 Parnassus. Noon-1 p.m.

Sun., July 23
AIDS Walk. UCSF participates in the largest AIDS fundraising event in No. California. Part of the proceeds will benefit the UCSF AIDS Health Project. For more information call 896-WALK.



Sat., Aug. 12
UCSF Birth Center Open House. Tour our new birth center & attend a special program on preparing other children in the family for the birth of a new baby. 15th floor, Long Hospital, 505 Parnassus. Noon-4 p.m. For details see the news story in this issue.

Brown Bag Lectures

All lectures are free and held on Wednesdays at noon in Rm. 300 Health Sciences West, enter through 513 Parnassus. For further information call 476-4394.

July 5
Healthy International Travel.

July 12
Self-Esteem: Inside Job for Outside Success.

July 19
Sore Hand & Arm at Work. Avoiding "overuse syndrome."

July 26
Exposure to Toxic Waste Is Like Playing Russian Roulette.

Aug. 2
Living with Diabetes.

Aug. 9
Stress on the Job: Who's to Blame?

Aug. 16
Health, Illness, Behavior & Emotions. Changing behavior & emotions can improve your health.

Aug. 23
Alcohol & the Brain.

Aug. 30
The Smokeless Tobacco Epidemic: The Unsafe Alternative to Smoking.

Campus Tours

All tours are free and take place at 1 p.m. on Tuesdays, July 11, 18, & 25 and August 1, 8, 15, 22 & 29. Meet in the lobby of Medical Sciences building, 513 Parnassus. For further information call 476-4394.

Folk Dancing

Learn line dancing from various parts of the world. No partner needed, beginners welcome. Held by Dean Linscott every Tuesday in the Millberry Union Fitness Center Aerobics Room, 500 Parnassus. 2:15-3:30 p.m. $2. For information call 476-1800.

Community Health Talks

A series of free lecture/discussions held in Rm. 300 Health Sciences West, enter through 513 Parnassus, 7-8:30 p.m. Free parking available. Call 476-3206 for further information.

Thurs., July 13
Body Contouring: Liposuction & Other Techniques.

Wed., Aug. 9
Diet & Cholesterol.

Wed., Aug. 16
How to Take Care of Your Back: A Physical Therapist's Perspective.

Senior Health Talks

Free lectures by UCSF staff geared to senior citizens. For further information call 476-3206.

Mon., July 17
Prevention of Assault. Montefiore Senior Center, 3200 California St. 1 p.m.

Wed., July 19
Prevention of Assault for the Handicapped. Rose Resnick Senior Center, 1299 Bush St. 1 p.m.

Mon., July 24
Memory Loss. Salvation Army Senior Center, 240 Turk St. 10:30 a.m.

Thurs., Aug. 31
Osteoporosis. Seventh Avenue Presbyterian Senior Center, 1329 Seventh Ave. 1 p.m.

Children's Summer Films

All films are shown on Fridays in Cole Hall, 513 Parnassus. Showtimes are 10:30 a.m., 1:30 & 6:30 p.m. Children 14 & under $2; students, seniors & Millberry Union members $2.50; general $3. For special rates for groups of 10 or more call 476-2542.

June 30
Special Showing!
Snow White & the Seven Dwarfs. Your last chance to see Snow White and her friends before Disney withdraws the film from circulation until 1995! 6:30 & 8:15 p.m. only.

July 7
Oliver & Company.

July 14
Bambi.

July 21
The Fox & the Hound.

July 28
The Land Before Time.

Aug. 4
Old Yeller.

AIDS Programs

Sponsored by UCSF AIDS Health Project. For more information call 476-6430.

Events:

Fri., July 7
AIDS in San Francisco & Its Impact on Mental Health Services. David Werdegar, director, SF Department of Public Health & UCSF professor, family & community medicine. A series for mental health & health care professionals on the first Friday of each month. Hartsook Rm., 1855 Folsom St. 11 a.m.-1 p.m. August topic to be announced.

Thurs., July 27
Couples & HIV. Living with HIV public forum every other month. Hartsook Rm., 1855 Folsom. 7-9 p.m.

Services:

Individual Risk Assessments & Referrals. By appointment. Free.

Support Groups. Drop-in & eight-week facilitated groups for men & women with AIDS, ARC or HIV infection, in a risk group or otherwise affected.

Positives Being Positive. Anonymous support groups in the community for people who have tested HIV positive but have not developed symptoms of AIDS or ARC.

Caregiver Training. Caring & self-caring skills for professionals & volunteers.

Summer Programs for Children & Youth

Discovery Day Camp. Children ages 7-12 explore nature and science at exciting locations in the Bay Area. Mon.-Fri., 8 a.m.-5 p.m. in two week sessions July 10 through Sept. 1. $215 general, $195 Millberry Union members. Call 476-1469.

Children's Recreation. Classes in swimming, tennis, movement & dance, and more! Classes began June 24, but some still have openings. Millberry Union, 500 Parnassus. Call 476-1115 for details.

Outdoors Unlimited

Outdoor adventures and classes for the neighborhood and campus community. Summer activities include rafting, kayaking, canoeing, sailing, camping, hiking, rockclimbing and city & country walking tours. Outdoors Unlimited office is located on Parnassus Ave., street level in the University Hospital Bldg. between 3rd and 4th Ave. Sign up for activities Monday & Friday, 11:30 a.m.-1:30 p.m. & 5-7 p.m.; Tuesday-Thursday, 11:30 a.m.-1:30 p.m. & 4-6 p.m. For further information and a free brochure listing all events call 476-2078.

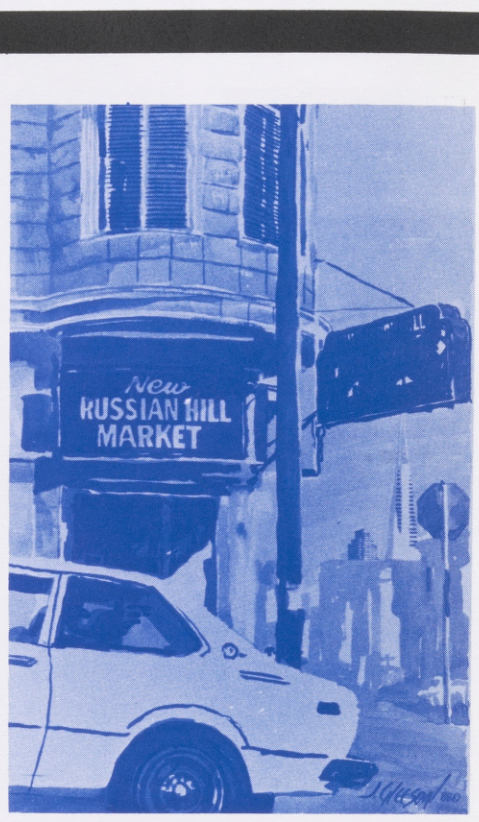
Recreation & Fitness

Over 100 classes including aerobics, weight management, body building, dance, yoga, massage, golf, tennis, special summer children's programs and much more! Summer quarter classes began June 24 but some are still open. Register at Millberry Union fitness desk, downstairs at 500 Parnassus. For further information and a free brochure listing all classes call 476-1800.

Personal Safety

Wed., July 19, 6-9 p.m.
Sat., Aug. 19, 9 a.m.-noon.
Tear Gas Certification Class. Laguna Honda School Conference Room, 1350-7th Ave. $12. Pre-registration required. Call 476-5683.

Sat., Sept. 9, 16 & 23
Self-Defense for Children & Adolescents. Three-part classes held at UCSF Marilyn Reed Lucia Child Care Study Center, 610 Parnassus. Ages 7-10: 10 a.m.-noon. Ages 11-14: 1-3 p.m. $30. Pre-registration required. Call 476-5222.



Art Exhibits

"Russian Hill Market." Water colors & oil paintings by native San Francisco artist James Gleeson. Through Aug. 31. UCSF Faculty/Alumni House, 745 Parnassus. 9 a.m.-5 p.m. Call 476-4723.

Hospitals Auxiliary Exhibits. On display in the lobbies of Moffitt/Long Hospitals, 505 Parnassus, during July are acrylics on silk, color photos, framed oils, framed water colors and abstract color drawings. The August display will feature framed oils, color ballet photography, water colors and mini-etchings. A portion of all proceeds benefits patients at the Medical Center at UCSF. To purchase or reserve work, visit the Auxiliary Office, Rm. 182, Moffitt Hospital, 9 a.m.-4 p.m., or call 476-4906.

Women's Programs

Events & workshops sponsored by UCSF Women's Resource Center. For further information call 476-5836.

Trashing the Stereotypes:
The last four presentations in a series about images of women in American media. At noon in Toland Hall, 533 Parnassus, unless otherwise noted.

Thurs., July 6
Images of Indians. A film look at the positive aspects of real Indian life.

Tues., July 18
Electronic Enchilada: Images of Latinos in the Media. Lecture/slide show by Yolanda Lopez, Mission Cultural Center. Room 303, Health Sciences West, enter through 513 Parnassus.

Thurs., Aug. 10
From Helpless Invalid to Super-Crip: Who Are the Real Disabled Women? Corbett, activist & author, presents disabled women as they see themselves.

Tues., Aug. 22
Still Killing Us Softly. Educator Jean Killbourne discusses images of women in advertising.

Workshop:

Wed., July 19
Dreams, Images & Reality: The Heart & Soul of Writing. Reading/writing workshop facilitated by poet Nellie Wong. Room 213, Clinical Sciences Bldg., 521 Parnassus. 5:30-9 p.m. $15-$30. Pre-registration required.

Volunteer Orientation

Programs to acquaint new & prospective volunteers with opportunities available in the Medical Center at UCSF. For further information call 476-1196.

Tues., Aug. 8
Rm. 191, Long Hospital. 505 Parnassus. 1-3 p.m.

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Breast Cancer Screening

Women can have low-cost mammograms—x-rays to screen for breast cancer—from a mobile van that travels to convenient Bay Area locations. The procedure takes approximately 20 minutes and costs $50. Your physician's approval is required. For appointments call 990-0459 or 476-2193 between 9 a.m. and 3:30 p.m. unless otherwise noted.

July 3
Diamond Heights Blvd. Near Safeway.
July 4 is a holiday.

July 5-7
Civic Center. On McAllister St. between Larkin & Polk.

July 10-14
Richmond district. On 7th Ave. between Geary & Clement.

July 17-21
Not open to the public.

July 24-28
Palo Alto Senior Center. For appointments call Ellen Dieterick, 327-2811.

July 31-Aug. 4
Marina Green. Parking lot near Ft. Mason.

Aug. 7-11
PG&E Bldg. On Beale St. between Market & Mission.

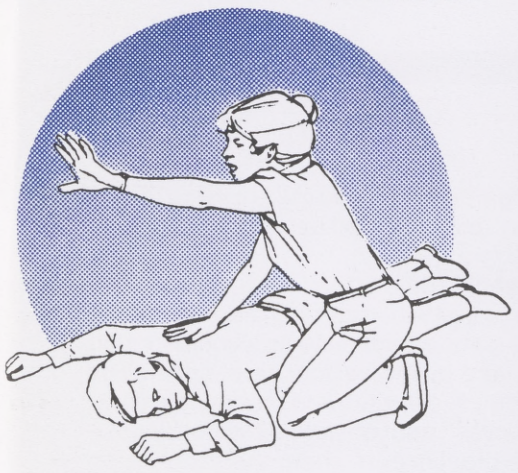
Aug. 14-18
Westlake Shopping Center. Daly City on Park Plaza Drive next to Safeway.

Aug. 21-22
UCSF Center for Educational Development. Parking lot at 1855 Folsom St.

Aug. 23-25
Twin Pines in Belmont. For appointments call Debbie Yoder, 595-7444.

Aug. 28-29
Mission/Excelsior district. 4900 block of Mission St. between Italy & France.

Aug. 31-Sept. 1
Diamond Heights Blvd. Near Safeway.



CPR Training

"Save A Heart" Program. Cardiopulmonary resuscitation courses sponsored by the UCSF CPR Center, Rm. 229, Nursing Bldg., enter through 521 Parnassus. Classes begin at 9 a.m. and last 3 to 4 hours. $20. For registration information call 476-1817. (Also see story on "CPR Road Show.")

Sat., July 8; Tues., July 25
Thurs., July 27

Sat., Aug. 12; Fri., Aug. 18
Wed., Aug. 23; Mon., Aug. 28

UCSF

University of California, San Francisco
News and Public Information Services
513 Parnassus Avenue
San Francisco, CA 94143-0462

Soon Howard's world went blurry. Then it went black.

Howard Smith liked the country.

For the better part of his adult life, Howard worked in the dairies of Sonoma County. He drove a tractor, fed cows and milked them. He knew a peaceful life those in the city can only imagine.

But even country life has its hazards. One day at the Ferreira Dairy in Sonoma, a young Holstein, nervous about her first milking, kicked back both heels. She caught the 66-year-old dairyman in the head.

Soon Howard's world went blurry. Then one morning it went black. The right eye—his only good one for five years—had failed. Howard was now completely blind.

Doctors in Sonoma referred Howard to UC San Francisco ophthalmologist Walter Stern, a leading researcher in eye surgery. Stern explained that Howard's retina—similar to film in a camera—had torn. The body's own healing process, far from helping, had made things even worse. Scar tissue had grown on the retina, contracting it. The contraction pulled the retina away from the eyeball.

In surgery, Stern and his colleagues removed the vitreous gel filling Howard's eye cavity. They now were at the retina. They cut away the scar tissue, then they welded the torn retina back together using a laser. Finally, they pushed the retina back in place by refilling the eye cavity with a clear silicone gel.

Unfortunately, scar tissue formed again—a common complication. So Stern operated again. This time with success. Howard could see shapes. He could walk around during the day unaided.

Stern calls the results dramatic. "We now can save these eyes," he says. "We couldn't do that 10 years ago."

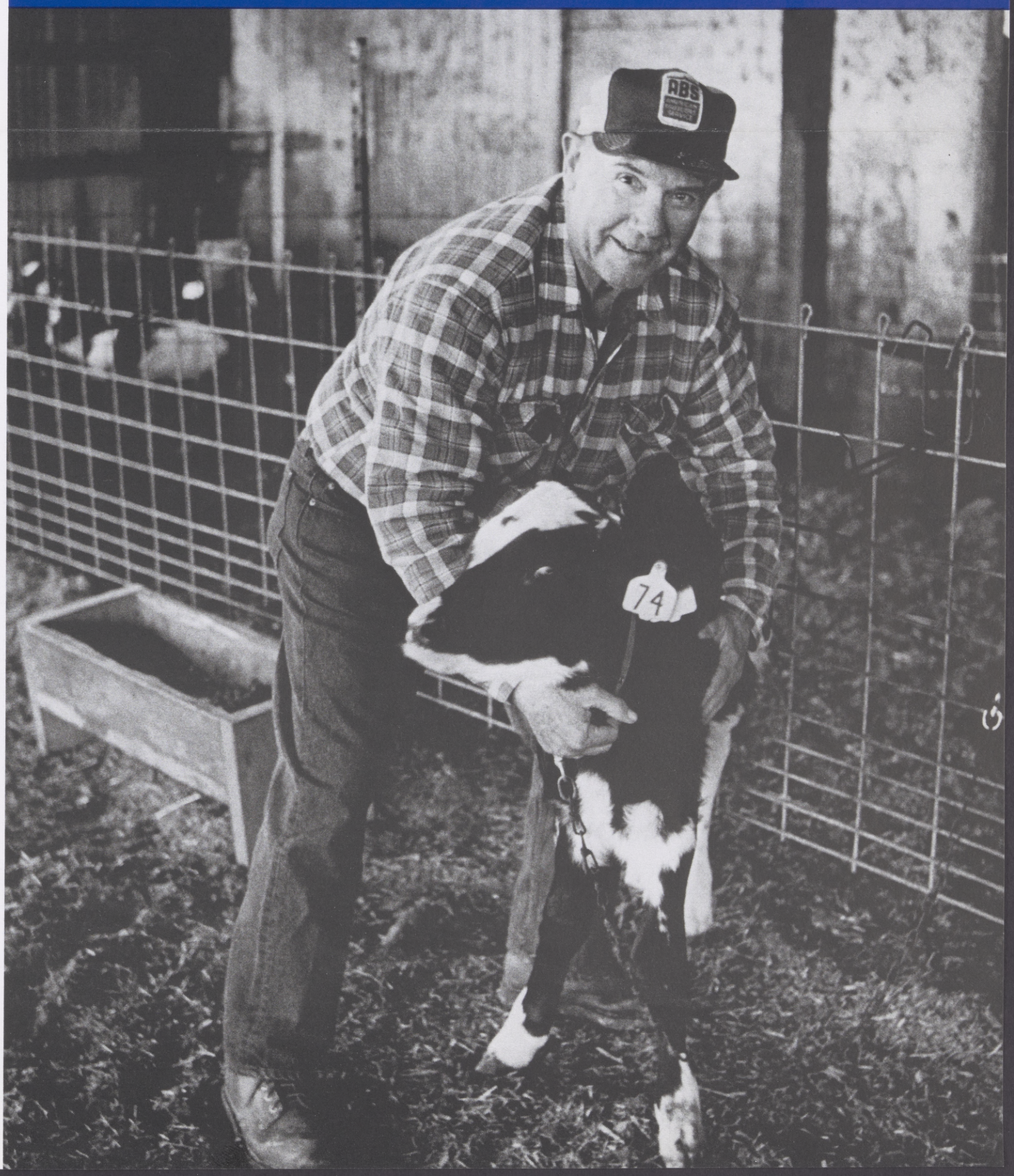
He hopes to do even more for future patients—by doing less. Stern is working on drugs to inhibit scarring. If successful, he will have to perform only one operation, instead of two. Or three, as sometimes he must.

Howard is back at the Ferreira Dairy, where he has lived for the past 14 years. He can't drive the tractor anymore. But he still hoses down the corral where the cows gather for milking.

His vision continues to improve. He can see more details. He can see faces now and people waving. It's a big improvement over perpetual darkness.

"I thought I'd just have to live with being totally blind," says Howard. "Now I just feel lucky."

—Marshall Krantz



David Powers

July/August 1989

To Our Neighbors

UC San Francisco to show off new Birth Center in August

Cholesterol linked to breast disease in preliminary study

125th birthday party picking up steam; everyone is invited

UCSF

University of California, San Francisco
513 Parnassus Avenue, San Francisco, CA 94143-0462

More News for You

New Birth Center Opens in August

The Medical Center at UC San Francisco will celebrate the completion of its new birth center with an open house on Saturday, August 12, from noon to 4 p.m. Obstetricians, midwives and nurses from UC San Francisco and Mount Zion Hospital and Medical Center will be on hand to discuss maternity care and give tours. Interested visitors also can attend a special program on preparing other children in the family for the birth of a new baby.

The Birth Center, located on the 15th floor of Long Hospital, 505 Parnassus Avenue, features elegantly furnished private rooms for labor, delivery and recovery designed with the mother's comfort in mind, including a jacuzzi in her private bath. These rooms also can be quickly converted into fully-equipped operating rooms should the need arise.

The Medical Center at UC San Francisco was one of the first hospitals in the western U.S. to give women the option of delivering in an alternative birth center, and continues to cater to mothers' special needs with individualized nursing care during all phases of delivery. After the birth, a mother can choose to have her baby stay in the well baby nursery next door, or to remain with her in their private room. UC San Francisco's highly-regarded intensive care nursery is only a few steps away and is staffed by renowned faculty physicians.

Women who want to deliver their babies at the Birth Center have a variety of prenatal care choices. These include a number of private practices offering both obstetrical and gynecological care; specialists in high risk obstetrics, diabetes and pregnancy; certified nurse midwives; and obstetrical care by residents and nurse practitioners under the supervision of faculty. This prenatal care is available at three convenient locations: UC San Francisco's Moffitt/Long Hospitals at 505 Parnassus Avenue, private faculty physician offices near Mount Zion Hospital, and a Daly City office at Serramonte which has ample free parking.

Free parking for the open house will be available in the Millberry Union Garage, across the street from Moffitt/Long Hospitals. For more information call 563-BABY or 476-MOMS.

Campus Birthday Nears

Everyone is invited to UC San Francisco's 125th birthday bash on Saturday, October 14. This festive, one-day event, which kicks off a year-long celebration, will offer something to people of all ages.

Celebrities, sports personalities, and a group of the City's street mimes, magicians and jugglers will help us celebrate the campus's origin in 1864 as the Toland Medical College. Since then, UC San Francisco has grown into one of the most eminent health science centers in the world.

Highlights of the big October 14 birthday party—so big, in fact, that we will be closing off the block of Parnassus Avenue that cuts through the campus—include a giant birthday cake; a Family Health/Science Fair featuring hands-on exhibits devoted to good health, disease prevention and safety; behind-the-scenes tours of The Medical Center, including the opportunity to see a "mock" transplant operation; how radiology's state-of-the-art imaging equipment "sees" inside the human body; and the high tech "stone-crusher" for treating kidney stones that helped save the life of Beaker, the penguin of the SF Zoo.

There also will be tours of the UCSF research labs where biotechnology was born, where scientists are working with DNA and gene splicing, using new techniques for mapping the human genome, visualizing activity inside a living cell, and using state-of-the-art computer generated models of proteins and DNA manipulated like a video game.

Family entertainment will include cheerleaders, weightlifters and aerobics dance teams, as well as ethnic and cabaret acts featuring music, theater, dance, comedy and jazz; an 1860s traveling medicine show featuring medicinal pitchmen and can-can dancers; classic cartoon shows for children; fitness and outdoor adventure program demonstrations; exhibits by Bay Area science museums; and a special food event cooked up by Bay Area celebrity chefs, with recipes available to the public.

UC SAN·FRANCISCO 125 YEARS